

Horari d'Activitats Dirigides

■ Act. de tonificació d'alta intensitat
 ■ Act. de tonificació.
 ■ Act. cos ment
 ■ Act. Dance / Ball
 ■ Act. d'alt consum calòric.
 ■ Act. aquàtiques

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FRANJA MATINS							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.15	DESPINING 45' SALA SP - ALICIA	HIIT 45' PISTA - LUIS	FUNTXION 45' SALA BOUTIQUE - ALICIA	CROSS TRAINING 45' PISTA - ALICIA			
7.30				FUNTXION 45' SALA BOUTIQUE - KATERINA			
8.00	ABDOMINALS 30' SALA 1 - ALICIA		ABDOMINALS 30' SALA 1 - ALICIA				
8.15		FUNTXION 45' SALA BOUTIQUE - LUIS		HBX BOXING 45' SALA BOTUQUE - KATERINA			
8.30	GAC 45' SALA 1 - ALICIA	PILATES TERRA SALA 2 - PILAR	BODYPUMP 45' SALA 1 - FRAN			DESPINING 45' SALA SP - LUIS	
9.00		ABDOMINALS 30' SALA 1 - LUIS	PILATES TERRA 55' SALA 2 - ALICIA	STRONG 30' SALA 1 - ALICIA			
9.15			BODY COMBAT 45' SALA 1 - FRAN				
9.30	DESPINING 45' SALA SP - ALICIA	DESPINING 45' SALA SP - LUIS	DESPINING 45' SALA SP - ALICIA	ZUMBA 45' SALA 1 - RONNY		HIIT 30' SALA 2 - LUIS	DESPINING 45' SALA SP - PABLO
	ZUMBA 55' SALA 1 - RONNY	BODYPUMP 55' SALA 1 - RONNY		DESPINING 45' SALA SP - ALICIA			
10.00						DESPINING 45' SALA SP - LUIS	
10.15							ABDOMINALS 30' SALA 1 - PABLO
10.30	BODYPUMP 55' SALA 1 - RONNY	ZUMBA 55' SALA 1 - RONNY	EST. I MOBILITAT 45' SALA 1 - FRAN	BODYPUMP 55' SALA 1 - RONNY			
11.00						BODY PUMP 55' SALA 1 - LUIS	DESPINING 45' SALA SP - PABLO
FRANJA MIG DIA							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
15.15	CROSS TRAINING 45' SALA 1 - PABLO	TBC 55' SALA 1 - EDU	FUNTXION 45' SALA BOUTIQUE - KATERINA				
15.30		DANCE FIT 55' SALA 1 - FRAN					
FRANJA DE TARDA							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
17.00	STRONG 30' SALA 1 - TONI		BODY PUMP 45' SALA 1 - FRAN				
			STRONG 30' SALA 2 - TONI				
17.30	MOBILITAT 30' SALA 1 - TONI	DANCE FIT 55' SALA 1 - FRAN	FUNTXION 45' SALA BOUTIQUE - EDU				
			MOBILITAT 30' SALA 2 - TONI				
17.45		DESPINING 45' SALA SP - LUIS	DANCE FIT 55' SALA 1 - FRAN				
18.00	DESPINING 45' SALA SP - PABLO	GAC 30' SALA 2 - BUJELLA	DESPINING 45' SALA SP - TONI				
	BODY PUMP 55' SALA 1 - RONNY						
18.15	FUNTXION 45' SALA BOUTIQUE - TONI						
18.30		BODY PUMP 55' SALA 1 - FRAN					
		ABDOMINALS 30' SALA 2 - LUIS					
		FUNTXION 45' SALA BOUTIQUE - BUJELLA	HBX BOXING 45' SALA BOUTIQUE - KATERINA				
19.00	DESPINING 45' SALA SP - TONI		CROSS TRAINING 45' EXT - TONI				
	ZUMBA 55' SALA 1 - RONNY						
18:45	ABDOMINALS 20' SALA 2 - EDU						
19.15	CROSS TRAINING 45' EXT - EDU	DESPINING 45' SALA SP - PABLO	DESPINING 45' SALA SP - ALICIA				
		CARDIO BOXING 45' SALA BOURIQUE - LUIS	FUNTXION 45' SALA BOUTIQUE -				
19.30		BODY COMBAT 55' SALA 1 - FRAN					
19.45	CARDIO BOXING 45' SALA BOUTIQUE - TONI						
20.00	MOBILITAT 30' SALA 1 - RONNY		BODY PUMP 55' SALA 1 - TONI				
20.15	DESPINING 45' SALA SP - PABLO	DESPINING 45' SALA SP - PABLO	DESPINING 55' SALA SP - ALICIA				
			HBX BOXING 45' SALA BOUTIQUE - KATERINA				
20.30	BODY PUMP 55' SALA 1 - TONI	DANCE FIT 55' SALA 1 - FRAN					
Horari d'Activitats Dirigides Aquàtiques							
7.30	AQUA STEP 50' ELENA K	AQUA FITNESS 50' ELENA K	AQUA FITNESS 50' ELENA K	AQUA FITNESS 50' ELENA K			
8.30	AQUADYNAMIC 45' ELENA K	TABATA 50' ELENA K	AQUA STEP 50' ELENA K	AQUA FITNESS 50' PILAR			
9.30	AQUA FITNESS 50' ELENA K	AQUADYNAMIC 50' ELENA K	TABATA 50' ELENA K	AQUA FITNESS 50' PILAR			
10.30	AQUA STEP 50' ELENA K		AQUA FITNESS 50' ELENA K				
15.00		AQUA FITNESS 45' ALEX					
15.15	AQUA FITNESS 45' CARLOS		AQUA STEP 45' ALEX				
17.00	AQUA FITNESS 50' ELENA K		AQUA FITNESS 50' ELENA K				
18.00	TABATA 50' ELENA K	AQUA STEP 50' ELENA K	AQUA STEP 50' ELENA K				
18.15							
19.00	AQUA FITNESS 50' ELENA K	AQUA FITNESS 50' ELENA K	TABATA 50' ELENA K				
19.15							
20.00	AQUADYNAMIC 45' ELENA K	AQUADYNAMIC 45' ELENA K	AQUADYNAMIC 45' ELENA K				

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